Evening World Daily Magazine



How to Keep The Day of Rest

PAULINE FURLONG'S HEALTH TALKS

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Rest Recharges the Human Battery

VERY process of life consumes energy which is stored in the body and used the organs to elp digestion, asmilation, excretion, eleculation,&c., and this same energy, about which we understand so



Make a circle with the knees from right to left three times, rest, then repeat four or five times.

shown in the picture. Rest and do

amounts as you state.

take a shower.

WATER IN EARS-M. D.:

course water deafens you and if it gets in your ears in spite of the fact

that you wear a bathing cap, the cap must leak, otherwise this would not

be possible. It is not wise to allow the hair to get wet each day when you

DRY MOUTH-MRS. F. D.: Di-gestive or nervous derangement is probably causing this. Give attention

little-how it is made, stored, dis-| sleep, no matter how fatigued and tributed throughout the body and used exhausted they had felt before retirup afterward-is supplied through ing, and when you understand that food and rest. all activity of the body expends and

A great deal of bodily energy is consumes energy which is needed for used up in just the ordinary process many functions of it you will allow of living, but the process of nutrition sufficient time for rest and relaxation probably uses up the greatest amount to help the system recuperate. Only of it, and it is safe to say that the through sufficient rest, mental calm food we eat alone would not supply and sleep can you hope to look and snough for the average physical la- feel well and stave off the advance borer's needs. Then, too, there are of old age. on record many instances of long To-day I am giving another mat fasts from all foods, and in some of exercise to help keep the muscles the cases the patients are many times supple and elastic known to even gain in strength, so Lie on your back, with hands at that we must conclude that a great hips, soles of feet on floor. Make a deal of our strength and physical and circle with the knees from right to mental power and endurance come left three times. This, of course, from the energy stored in the body brings the soles from the floor, as during rest and sleep.

Every one of my readers has ex- the same three times more and reperienced at some time the wonderful peat until about fifteen circles have feeling of renewed strength and been made. power after a night of sound, restful

Answers to Health and Beauty Questions.

GAS AFTER EATING—MRS. K. gar, fudge and candy, you are probably more constipated because sugar and you take less foods of all kinds.

This is what causes the headache and not the fact that you have decided exercise, drink water and eat greens to stop those things which are very migricus, when and salads you will get relief. Most injurious when taken in large certainly you should not eat more to correct this disorder. Overeating and retained waste are the greatest

HIGH BLOOD PRESSURE-B. F. This can only be removed through removing the cause. Drugs will bring only temporary relief. Diet will cure this trouble, but you should consult your doctor.

ACIDITY-MRS. W. R.: Eat less to the body secretions and drink much water and eat fruits and green vege-probably overcome it. tables and salads

THROBBING AND BEATING IN HEAD—MRS. E. F. D.: This is probably caused by constipation. Since you have stopped eating so much su-

Your Thanksgiving

Turkey How to Select and Cook It

F you prefer to select the turkey Choose a bird that is heavy in proportion to its size. By having & weighed you will be able to do this. The Rhode Island and Maryland turkeys are considered the best-they one to two years old.

Do not take a bird that has a promeasily. Be sure the turkey is well

with the futting. The states, and it is a service was reflected in the most one was reflected in the most of the state of the continues. In the continues was reflected in the most of the state of the continues was reflected in the most of the state of the continues. In the continues was reflected in the following the state of the continues was reflected in the following the state of the continues was reflected in the following the state of the continues was reflected in the continues was reflected in the following the state of the continues was reflected in the following the state of the continues was reflected in the following the state of the continues was reflected in the continue was reflected in

By Maurice Ketten



Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick

Pretty Frock for Home Wear

efffit atmp . freek graceful Hoes developed in some becoming solor is tout the thing that any woman who spends considerable of her time in the house would like to don in the afternoons. It is a typical bouse draes with same and omfort incorpo rated in every line yet it manages to retain a certain trimmess and smartness which are telling attrib utes of more for-

mal frocks, but unusual for auch of this character. Crepe de Chine. Georgatta crepe, bina silk and albatross are al suitable fabrics, and the making is not difficult. The waist has a seam down each shoulder and is cut in one with the tunio of the skirt. The slash, which appears under the arm and suggests a yoke in front, allows the material below it to be gathered full enough to make the tunic of suitable fulness around the hips. The tunte is indeed individual, being slashed in four places, forming

long wide panels

front and back. flouncing which sways softly beside down the front of the frock may be

while the very short side sections | the lace is in prettier contrast to the are prettly lengthened by deep lace hand buttonholing which finishes the neck and the hand embroidered mothe panels. Lace ruffles provide a tifs at the corners. The buttonholing graceful finish for the close-fitting serves effectively also to outline the elbow sleeves. The narrow hand slashes in the waist and tunic and to finish the tunto panels, if the of lace banding, or it may be an em- frock were in auli blue, the embroidbroidered band done in varying ery stitch could be in dark blue. If shades of the color of the dress fabric. Either suggestion is good, but

This was a suggestion in the dress fabsome color such as rose or amber or
sapphire blue. Raspberry would be
a delightful color for the entire freek,
the foundation skirt of which could
be mounted on muli at the top under



Suspicion Is an Unwelcome Guest little tremor of pleasure passed over the pass

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CHAPTER I.

In a London Home.

command the highest prices anyway.

ADY Betty Heathcote had a reputation in which she took pride for giving successful discount in which she took pride for ADY Betty Heathcote had a reputation in which she took pride for giving successful dinners in a neighborhood where successful dinners were a rule rather than an exception. At her house in Park Lane, polities, art, literature and science rubbed shows. Here pictures had been born, plays had had their real premieres, novels had evised, and poems without number, not a few of which were indited or all her dynamic energy in a variety of causes, most of them wise, them altruistic, Lady Betty had the rare faculty of knowing when restful. Tired Cabinet ministers, overworked lords of the Admission.

"It is all Kipshaven dryly.

"This is hardly the time to confess the fingers. Such a broad back he had, such shaped head, such strong hands that she was in love with a beautiful."

"This is hardly the time to confess the fingers. Such a broad back he had, such shaped head, such shaped head, such strong hands that she was entirely shaped head, such strong hands that the beart of those ought to be fldgety!" roared the Earl. "We configure that it passed without comment.

"This is hardly the time to confess the successful dingers. Such a broad back he had, such shaped head, such strong hands that the beart of those ought to be fldgety with the German.

"The captain of a deep humiliation which seemed to envelop the machine was simply amazing. In short, my friends, the power of the machine was simply amazing. In short, my friends, the power of the machine was simply amazing. In short, my friends, the power of the machine was simply amazing. In short, my friends, the flower of the successful dingers.

The captain of a deep humiliation which seemed to envelop the hat it was been dead to envelop the power of the machine was simply amazing. In short, my friends, the flower of the beart. "The captain of a deep humiliation which seemed to envelop the power of the machine was simply amazing. In short, my friends, the flower of the day and its plut of the day and its p inent breast bone. This should be tures had been born, plays had had their real premiercs, novels had were capable of so much but had plump, and see that it will bend to My Lady Betty's evalue. to My Lady Betty's eyebrow.

For all her dynamic energy in a variety of causes, most of them wise, fattened if you desire good flavor.
all of them altruistic. Lady Betty had the rare faculty of knowing when that demanded a mate. Could it be and no read all of them altruistic. Lady Betty had the rare faculty of the Admiratry that she was in love with a beautiful "I was playing self on the demanded a mate. Ings a bone for the quantity of meat large a bone for the quantity of meat and are most unsatusfactory. Select asked which it would not be possible to answer, that there would be no questions at turkey that has smooth, clean yellow logs and feet, and see that the low logs and feet, and see that the

thing about Cyril Hammersiev that made him beyond doubt the most distinguished looking person in the room—not even excepting Rizzio.

He came over to her at once, the Cyril had German sympathies."

"Aw'fly glad. Jolly good to see you, sley calmly, sniffing at the rim of his wineglass."

WHAT HE LEAST EXPECTED

HOW AN AD. FOR "HELP WANTED" LED TO AN AMAZING MYSTERY

Begin the Story on This Page Monday, Dec. 10

echoed so truly in the hearts of those "Fldgety!" roared the Earl. "We

CHAPTER II.

skin is delicate and moist. Handes is gardled her turkey yourself. Press the plump breastbone with the turkey yourself. Press the plump breastbone with the turkey yourself. Press the plump breastbone with the thumb to assert the turkey yourself. Press the plump breastbone with the thumb to assert the turkey is the turkey of the turkey of the death of the old Earl, been the wird.

It is advisable to the wind the advisable to the content of the turkey to turkey. He knows justified with the complexion of many private with the content of the Heathcote.

"No. insulated," said Dorts with a spy was making frequent flights between England and the continent, he dinner of British patriots. Break up.

John Rizzio, tall, urbane, dark and John Rizzio, tall,

HEY were still discussing the made no reply.

HEY were still discussing the strange story of Sandys when Lady Heathcote signalled her feminine guests and they re
the description of the blank stars of his monocis but made no reply.

"Yes, I mean you, Cyril," went on the Earl steadily. "Your mether was born a Prussian. I knew her well and I think she learned to thank God that fortune had given her an Eight the description.

THIS HOUSE DRESS IS OF SIMPLE BUT DISTINCTIVE CUT.

Answers to Queries

Am twenty years of anxious over an evening dress which will be becoming. I seem my age. Have a pair complexion, brown hair, and hazel or light brown eyes. will be very gratefut if you will belp me with a pretty style and a suggestion for

> MISS M. H. L. Rich orchid color silk, rose and blue flounces, silver run lace.

trimming and color.

I would like to have a pretty design for a taupe color chiffon velvet dress. It is for afternoon and evestout, weighing 172 global

Will you give me your excellent advice about the making up of some peacock blue duvetyn? Have two and onehalf yords fifty-four inches wide. What can I use with it and what style? Would like some far on it. Am twentyeight years of age. b feet 2 inches tall. MRS. T. J. S.

Black satin and gray fur, per sketch. Velvet could take the place of fur around bottom.

To Miss G. K .: This would be a